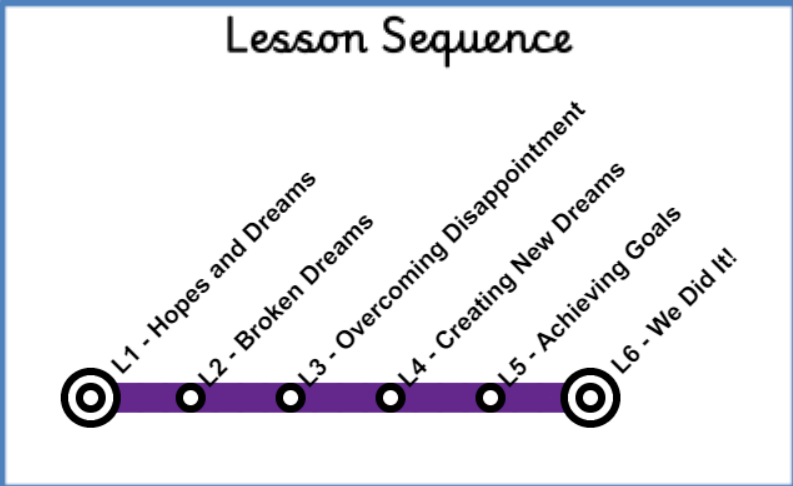


PSHE – Dreams and Goals

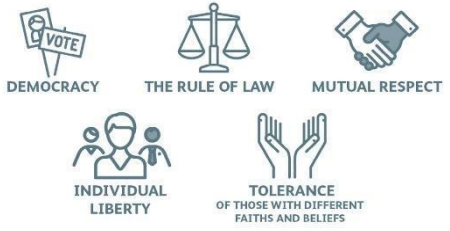


Key Vocabulary

Dream – A cherished aspiration, ambition or ideal
Hope – A feeling of expectation and desire for a particular thing to happen
Goal – The object of someone’s ambition, their aim or desired result
Determination – a quality of being determined and trying hard to control, influence or decide something
Perseverance – persistence in doing something despite difficulty or delay in achieving success
Resilience – the ability to adapt and recover from difficulty, misfortune or change
Disappointment – the feeling of sadness and displeasure when someone’s hopes or expectations isn’t fulfilled
Commitment – the quality or state of being dedicated to a cause
Success – the accomplishment of an aim or purpose

By the end of the unit:

- I know what my own hopes and dreams are
- I know that hopes and dreams don’t always come true and I can cope with this
- I can reflect on positive and happy experiences to help me counteract disappointment
- I know how to make a new plan, set new goals and work out the steps I need to take to achieve a goal
- I know how to work as part of a successful group and share this success with my peers.



Reflective Questions

Think of a time when one of your dreams didn’t come true, how did you feel?

What does ‘resilience’ mean to you, can you reflect when you have shown this?

How can you overcome disappointment? Can you link this with your own experiences?

How does it feel to overcome a challenge by yourself? How about as a group? Are there any similarities or differences?